

TDMHDD Update

New Web Site Design Allows Easier Access to Information, Services

We live in an age of information. Wherever we go, whatever we do, we are constantly being bombarded by news and are accustomed to getting our information at the click of a mouse.

Taking this into account, the new design of the DMHDD's web site (<http://www.state.tn.us/mental/>) enables the viewer access to individual department sections, services and laws as well as information that previously was not readily available.

With 622 pages of information, the site is bristling with need-to-know facts, figures and procedures that advocates, consumers, service recipients, families, government officials and professionals will find educational and easy to navigate.

The following areas can be located on the site:

- MHDD Law
- Office of Consumer Affairs
- Office of the Medical Director
- Children's Mental Health
- Anti Stigma
- Managed Care
- Cultural Competence
- Available Supports and Services for people with mental retardation
- Frequently asked questions regarding developmental disabilities
- Licensure
- Suicide Prevention

TENNESSEE.GOV
 Dept. of Mental Health & Developmental Disabilities
Virginia Trotter Betts, Commissioner

The Official Web Site of the State of Tennessee

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Commissioner
Virginia Trotter Betts

Crisis Information Lines

Upcoming Events

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- Anti-Stigma Pages
- Children's Mental Health

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Premier Behavioral Systems Extends Contract

Premier Behavioral Systems of Tennessee has extended its contract with the Tennessee Department of Mental Health and Developmental Disabilities and the TennCare Partners program until December 31. The contract – which was originally scheduled to expire on June 30 – guarantees the continuation of mental health

services coverage for approximately 900,000 lives.



"This extension gives us the ability to deliberately plan for the future in order to positively impact the mental health care delivery system for the TennCare Partners program and its members," said Commissioner Virginia Trotter Betts.

HEALTH NEWS



Coping With CHANGE

Finding effective ways of dealing with uncertainty can go a long way toward keeping you on track with your work and career.

Quoted in Corporate & Incentive Travel magazine, recognized problem-solvers give this advice:

- Ignore those who say it won't work, and stay positive. Whether the change is in a process or in a business plan, people in every kind of business have had to make the "back to the drawing board" decision, coped with it, moved on and were better off for doing so.
- Keep your sense of humor, no matter what. One of the most difficult aspects of change is coping with the details. Don't let the small stuff get you down.
- Get prepared. Take time to decide what kind of background information you will need and find it. Remember that every kind of business is making basic changes these days. So, you aren't alone.
- Look for the silver lining. You will learn more with any change, and doing things the new way will solve some problems you had before.
- Take time to relax before a meeting and at the end of the day. It's important. Take twenty minutes before going to bed to read or to relax with television. It will help you to realize that there's more going on in the world.

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